



Prime Time News

February 2016



Fitchburg Senior Center
Volume VI Issue 2

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The Wonderful Wizard Of Oz & The Scarecrow—*Sponsored By Avalon Senior Living*

Laurie Riss and Jeanne Felix, both of Oregon, will be performing cello/piano music to two short silent films. Laurie is a member of the Madison Symphony Orchestra and is an independent cello teacher. Jeanne is an independent piano teacher and Director of Music Ministry.

The first surviving film of L. Frank Baum's "The Wonderful Wizard of Oz" was created in 1910. Squeezed into this short film are young Dorothy and her dog Toto in rural Kansas; the cyclone that carries them to the Land of Oz ruled by its "humbug" wizard; her faithful companions the Scarecrow, the Cowardly Lion, and the Tin Woodman; the Good Witch Glinda and the Wicked Witch of the West - dubbed "Momba". Missing are the book's munchkins and ruby slippers, but added are such comic touches as the unionized women workers of Emerald City. It is also interesting to see the "special effects" that were developed in 1910.

"The Scarecrow" (1920) starring Buster Keaton, is a light comedy that addresses the public's fascination with automation (the result of the Ford Motor Company's assembly line). The film delights with its clever sequence involving surprising time and space-saving devices.

Join us Friday, February 12 at 12:40 p.m.
Call 270-4290 one day ahead for the noon lunch.

Pancake Breakfast

Sunday, March 20

8:00—12:00 p.m.

\$6 Adults

\$3 Children up to
10 Years

Sponsored By The
FSC Friends



AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 30-minute slots, so your taxes must be straightforward.

Fri.—March 11 Fri.—March 25

Call 270-4290 for your 30-minute appointment.

★ ★ ★
Do It Today!
★ ★ ★

2016 Newsletter Renewal Time Is Now

It's not too late to get your subscription locked in for 2016. Cut out the renewal form on page 9 and take one more thing off your plate!



HOT OFF THE PRESS!

Improve Balance/Increase Strength New Offering! Looking to improve or maintain your balance? Want to build on your muscle strength and flexibility? If so, then try this new class! Offered on Wednesdays for six weeks. Instructor: Diane Fronek. Cost: \$35. Register by calling the Center 270-4290. Payments made to the Senior Center one week prior to starting date. **February 17 - March 23. From 12:30 -1:30 p.m.**

Couples Dinner Group

The first Couples Dinner Out was great fun- lively conversation and great food at Benvenuto's! The next Couples Dinner Out will be on Tuesday, Feb. 16 at 5:00 p.m. for conversation and cocktails, and 5:30 for dinner at Lilliana's. Bev Davis will send out a notice in February to everyone who has signed up for the dinners. Any other couples wishing to join the group should contact Bev at bevbdavis@aol.com or 608- 467-3990.

We are pleased to note that the response to this group has been very positive, and it might become necessary to start a waiting list soon. So if you are interested in joining, let Bev know as soon as possible!

DID YOU KNOW THAT MORE THAN HALF OF WOMEN OVER AGE 50 HAVE ISSUES WITH BLADDER OR BOWEL CONTROL?

The Fitchburg Senior Center is partnering with the UW School of Medicine & Public Health to offer women who have bladder or bowel issues to participate in an upcoming workshop. Participants will be asked to attend three two-hour sessions held at the Senior Center on April 6, April 20 and May 4 as well as complete three questionnaires. More info? Please call Jill at 270-4291.

Learning Annex

February 16 at 2:00 p.m. - Learning Annex features Ashley Collins, Humane Educator from the Dane County Humane Society. Did you know that in 2015 3,353 animals were adopted from the Dane County Humane Society, and 3,078 wild animals were supported by the Four Lakes Wildlife Center? The mission statement of the Humane Society is "Helping People Help Animals". Learn more about the programs, events, and owner support provided by the Humane Society and how you can help. Join us!



Attention 55+ Active Working Adults!

If you are looking for a way to connect with other adults who are still working, and looking for activities and social opportunities that meet your schedule, look no further! The Senior Center is now offering Thursday evening programs. On February 4, 11, 18 game night will be held in the Senior Center lounge beginning at 7:00 p.m. Game choice will be determined by participants. Several options available. On February 25 the movie "The Martian" will be shown beginning at 6:30 p.m.

For more information call 270-4290.

Sign up not necessary.



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Groups/Learning

Men's Group

Join us for our next meeting on
Tuesday, Feb. 9 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Men's Group on the left side.

Active Women's Group

Join us for our next meeting on

Tues., Feb. 23 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Active Women's Group.

Spanish Class Continues!

B1 - Absolute Beginners

Tuesdays 9:45-10:45 a.m.

February 16-April 5

B5 - Advanced Beginners

Tuesdays 11:00 a.m.-12:00p.m.

February 16 - April 5

\$50 per eight-week session. Payment due one week prior to first class. Please make checks out to the Senior Center. 270-4290

Ukulele Group

The Tuesday Uke group will continue to meet. Call 270-4290 for more info. Also, beginners session "Intro to Uke" tuning; chords; and easy one, two and three chord songs. Three weeks from 1:00-2:30 p.m. 2/4, 2/11 & 2/18. Call 270-4290

Rate Increase

Massage Rate Increase

Beginning February 1, massage rates will be increasing. New rates are \$30 for ½ hour massage or reflexology, and \$50 for one-hour massage or reflexology. These slight increases are NOT because our therapists have requested them, but are due to a new city finance policy being implemented for all program instructors and wellness providers at the Senior Center. We sincerely hope that these new rates will not be a hardship for those that use the services. If they are, please know that the Senior Center does offer "scholarships" to those who qualify to help pay for any programs or services offered at the Senior Center. Please speak to a staff person to apply.



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Winter Weather Policy

In the event of inclement weather, the Senior Center will automatically cancel both home-delivered and congregate meal programs when the Oregon Schools are closed. The cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director. If you have any questions about class cancellations during the winter months, please call our main line at 270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail message.

Art

Cards With Katie

Join us for an afternoon of paper crafting on **Monday, February 8 at 1:00 p.m.** Stamp – cut – punch – glue – and have fun playing with paper. For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage. Cost \$11.50. Payment due to the Senior Center one week prior to class. 270-4290



Cross Stitch Group

A new group is meeting on **Thursday mornings**. Come on over, the group meets at 8:30 a.m. Look for them in the dining room.



UW Ext. Nutrition w/ Tonia

Topic: Reach Your Goals Step By Step!

Join Tonia from the UW Extension Nutrition Program on **Wednesday, Feb 17 at 11:30 a.m.**

Travel



**Come to the Travel Show at FSC
February 17, 2016 from 1:30-3:00 p.m.**

Tulip Time on the Rhine and Mosel River

Cruise-April 15-25

Keukenhof Gardens during tulip time
Shore excursions to Cologne, Cochem, Strasbourg and Lucerne; Canal cruise in Amsterdam; \$4,524-\$5,524 per person/double occupancy depending on deck selection

(New) Pella Tulip Time-May 4-6

Motor coach tour including Dubuque, Iowa Botanical Garden, open-air wagon tour of Pella, Iowa, famous Grandstand show, Tulip time parade, visit to Amana Colonies; \$577 per person double; \$676 single

Canadian Rockies-July 21-29

Calgary, Glacier National Park Lodge, Banff National Park, Jasper National Park, Lake Louise, Glacier Skywalk; \$3,649 per person/double occupancy

(New) Arkansas Autumn Foliage October 4-9

Motor coach tour including Hot Springs National Park; travel on the Arkansas Missouri Scenic Railroad and Branson's hottest shows; \$1,349 per person/double occupancy

**For brochures and more information,
please contact Judy Broad at 271-9077**



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REACH Book Club

REACH Book Club will meet on **February 11, 2016** at the Fitchburg Senior Center. We will discuss the book, *The Bell Jar* (Classic) by Sylvia Plath. "Esther Greenwood is brilliant, beautiful, enormously talented, and successful, but slowly going under—maybe for the last time. In her acclaimed and enduring masterwork, Sylvia Plath brilliantly draws the reader into Esther's breakdown with such intensity that her insanity becomes palpably real, even rational—as accessible an experience as going to the movies. A deep penetration into the darkest and most harrowing corners of the human psyche, *The Bell Jar* is an extraordinary accomplishment and a haunting American classic." (from Goodreads.com)

Discussion questions available in David's office.

March— *Orphan Train* by Christina Baker Kline

April— *Remarkable Creatures* by Tracy Chevalier

May— *Just Mercy* by Bryan Stevenson (This book is the choice for Madison's 2015 Go Big Read)

June - Choose books for the next year



The *I Love a Mystery Book Club* will meet on **Thursday, February 25, 2016 at 1:30 p.m. at the Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *An Unsuitable Job for a Woman* by P. D. James. After her partner's suicide, Cordelia Gray struggles to manage the private detective agency they once shared.

Line Dancing....Coming Back March 15.

P.L.A.T.O. Learning

Novels Old & New—Spring 2015

Novels kicks off the new season starting February 22, and runs through April 25, 1:00 p.m.

Henry David Thoreau's Walden—Spring 2015

Kick off is Friday, February 26 from 10:00 a.m.—12:00 p.m.

For information and/or a membership packet for both programs listed above, contact liaison Wendy Kerr at 262-5823.



Fitchburg Senior Center Energy Task Force Team

Who are we? A group of volunteers who are available to provide Fitchburg Seniors with energy-saving measures.

What can we do for you? Volunteers can make simple but effective changes in your home: changing furnace filters, removing old paint, no throw-away light bulbs, batteries, checking outside water faucets and more!

Making Connections! The Task Force Team will also be able to identify possible resources for further improvement through Focus on Energy, Project Home and others. Referrals can be established by our team!

Is there a cost? No; however, donations are welcomed and appreciated.

Call to make an appointment today!
270-4292



*Ways To Eliminate Caregiver Stress
Coming March 14. Check Back!*

Guest Speaker

Caregiver Support—Special Speaker

Joy Schmidt will be joining the group to discuss what a Dementia Care Specialist is and what services they can provide caregivers. Open to all. Thursday, February 11 at 10:00 a.m.

WE'RE HOSTING A
Red Party
Friday, February 19, 5:00-7:00pm

- Red wine & beverages • Buffet & appetizers
- Live music • Be sure you wear red!

ENTER TO WIN A BASKET OF "RED" GOODIES!

Seating is Limited. RSVP to (608) 729-4894 by Feb. 17
2879 Fish Hatchery Rd, Fitchburg, WI 53713
www.avaloncommunity.com

AVALON
Assisted Living Community

FREE EVENT

Games & Movie

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Paint/Draw Studio—1st & 3rd Mon. @ 1:00 p.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Bunko—Wed. @ 1:00 p.m.

Cribbage—looking for players—call.

\$20 Blackout Bingo!! Feb. 11

Special sponsor— The Waterford of Fitchburg.

\$20 jackpot!

Game begins promptly at 12:30 p.m.



Movie Day— The Martian

Come see Matt Damon in this smash hit! Friday, February 19 at 12:40 p.m. 2:24 run time.

SCHOLARSHIP PROGRAM

The Fitchburg Senior Center Friends (FSCF) encourages you to participate in its scholarship program. If you have an interest in attending any of the programs listed below, or others supported or sponsored by the Senior Center, please contact the receptionist or any Senior Center staff person. They will help you with the qualification and application process. Scholarships will be awarded for, but not limited to the following:

- Exercise classes-Art and craft classes
- Writing classes -Day trips
- Electronic equipment classes

Don't Forget!

For weekly updates, visit our web page at www.fitchburgseniorcenter.com and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."



Exercise Opportunities

P.7



Indoor Walking

Tuesdays and Thursdays from 11:00 a.m.—12:00 p.m. for an hour of healthy walking!
Break Away - 5964 Executive Dr.



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.
Cost is \$10 per month.

Yoga W/ Kurt



New sessions coming in March

Any questions, call 270-4290

Tai Chi Thursdays 8:30 a.m.

Cost—\$2 drop-in.
Beginners welcome.



Pickle Ball—NEW HOURS

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level Oak Hall Room.
Free!

Zumba Gold w/ Jackie

Eight-week session in progress.
Look back here in March for the next opportunity to Zumba!



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Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail

—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.

Pre and Diabetic Footcare

February 19

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure—

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month 10:30-11:30 a.m. No appt. needed.

Rate Increase. Please Read On Page 3

Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Sign up at 270-4290.

Cancellations must be made 24 hrs in advance to avoid being charged.

Caregiver Support

Thurs. Feb. 11 at 10:00 a.m.

Acupuncture with Matthew Wagner,
Fridays.

One hour sessions \$45.
Call 270-4290 to schedule an appointment.

Senior Center Help

- ♦ Home visits
- ♦ Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
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Social Services

Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class. Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.



Don't forget the Friends' Travel Show on February 17 from 1:30 - 3:00 p.m.!

Thanks to Bob Hillner and Bob Rottman for constructing **another** coat rack upstairs- this time for the Prairie View Room. The FSC Friends reimbursed them \$69 for the materials used.

The website for FSC Friends is now up and running.

Log on to **fscfriends.org** and you will find information and pictures of past activities, volunteering, history of Friends, etc. The website is still under construction, so not all information is complete.

The annual **Pancake Breakfast** is slated for **Sunday, March 20**. Please put that on your calendar.

2016 Newsletter Subscription \$10

Name: _____

Address: _____

City & Zip: _____

Phone: _____

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year **2016 is \$10**. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pick up the newsletter for free or have it emailed to you. Call David for details.

Class Registration & Payment

As the Senior Center continues to improve on its policy and procedures, one area that needed attention was registration and payments for classes. In the past, depending on the class and instructor, participants either paid the instructor directly or paid the Senior Center. **Starting this January, all class payments will be made out to the Senior Center and can be mailed in or dropped off at the front desk. The form you see on page 9 will be required when payment is made.** By streamlining the payment process, we are able to track class sign-ups more efficiently and let people know further in advance if the class needs to be canceled. **ALSO** beginning this month we will be taking credit card payments! At this time we can only take credit cards in person or over the phone. Online class registration is not possible yet.

Fitchburg Senior Center
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608-270-4290

www.fitchburgwi.gov



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David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
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Sarah Folkers, Social Worker
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Senior Dining



Fellowship, Food & Fun

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
*Meat Ball Sub Sandwich Peas & Carrots Tropical Fruit Salad Carnival Cookie VO: Wrap w/Cucumbers, Tomato, & Cheese	Chicken-Ala-King Biscuit Italian Green Beans Apricots Lemon Bar VO-Veggie Ala-King	Roast Beef Mashed Potatoes/Gravy Spinach Pineapple/ Orange Mix W.W. Roll VO: Veggie Burger	Lemon Baked Fish Baked Potato & Sour Cream Veg. Blend Banana W.W. Bread VO: Veggie Cheese Sauce over Baked Potato	Sloppy Joe Buttered Capri Mix Coleslaw Fruit Cup V.O. Veggie Sloppy Joe
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Chicken Alfredo over Fettucine Noodles Buttered Winter Blend Mandarin Oranges W.W. Bread Vanilla Ice Cream V.O. Veggie Alfredo	*Sliced Ham Sweet Potato Nuggets Brussel Sprout Peaches Multi Grain Bread Butterscotch Pudding V.O. Veggie Dog w/Bun	Cheeseburger on Bun Corn Grape Juice Confetti Cake V.O. Veggie Burger on Bun	Meat Sauce over Spaghetti California Mix Pineapple Tidbits Garlic Bread V.O: Veggie Spaghetti Sauce	*Pork Cutlet/Gravy Mashed Potato Broccoli Cin. Applesauce W.W.Bread Valentine Cookie VO: Hummus Wrap w/Tomato, Cucumbers &Lettuce
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Tuna Noodle Casserole Baby Carrots Apple Juice Tropical Fruit Salad W.W. Roll VO: Vegetarian Casserole	Philly Cheese Steak on Bun Mixed Vegetables Fresh Orange Brownies VO: Hummus Wrap w/Peppers & Tomato	*Ham Slice Baked Sweet Potato Broccoli Flowerets Pineapple Roll Coconut Cream Pie VO: Broccoli Cheese Sauce over Baked Potato	*Meatloaf Baked Potato/Sour Cream Broccoli Flowerets Fruit Cocktail in Jell-O W.W. Bread VO: Broccoli Cheese Sauce over Baked Potato	*Pork Roast Gravy Brown Rice Beets Pineapple/Orange Multi Grain Bread Ice Cream VO: Brown Rice & Beans
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
*Meat Balls in Gravy Egg Noodles Buttered Squash Sliced Pear's W.W. Bread Blueberry Pie VO-Veggie Noodle Casserole	Hearty Bean Soup Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Cookie VO: Cheese Sandwich	Open Face Hot Roast Beef Sandwich/Gravy Mashed Potatoes Brussel Sprout Cubed Cantaloupe VO: Veggie Burger	Baked Chicken Baked Potato Mixed Vegetables Orange Multi Grain Bread V.O. Baked Pot w/Veggie Cheese Sauce	Pepper Steak Rice Oriental Mix Apple Slices Rye Bread VO Veggie Pepper Mixture
Monday 29	<div>Salad Option Thursdays (Salads are dine-in only) 4th - Garden 11th - Taco 18th - Chef's Tuna 25th - Chicken Ranch *Meal has pork product Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</div>		<div>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</div> <div></div>	
*BBQ Rib on Bone Cheesy Potato's Green Beans Chunky Applesauce W.W. Bread Lemon Bars V.O: Veggie Sausage.				

February 2016

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
1 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	2 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 11:00 AM Indoor Walking 12:45 PM Euchre 1:00 PM Mahjong	3 8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 11:30 AM U.W. Nutrition 1:00 PM Bunko 1:00 PM Singers	4 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 11:00 AM Indoor 12:30 PM Bingo!! 1:00 PM Sheepshead	5 8:30 AM Aerobics 10:00 AM Shop - Cops/Fish Hatchery 10:00 AM Zumba 11:00 AM F-Fitness 12:40 PM Movie Day 2:00 PM Scrabble																																																																																				
8 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Cards w/ Katie 1:00 PM Dominos	9 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 11:00 AM Indoor Walking 2:00 PM Men's Group	10 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko	11 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support/Speaker 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	12 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 12:40 PM Live Performance!! 12:40 PM Movie Day 2:00 PM Scrabble																																																																																				
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How to Protect Your Assets from Long-Term Care Costs



Are you wondering how your family will cover the costs of long-term care? Attorney Iris M. Christenson will provide practical tips that you'll be able to use when you are putting together a short-term and a long-term plan to cover these costs. Attorney Christenson will review the current rules related to government benefits (Medicaid) and explain how families protect and preserve assets while following the rules. Whether you have plenty of time to plan or you need to apply for Medicaid in the very near future, this workshop will offer useful tools to protect and preserve assets.

March 16 at 6:00 p.m. Call 270-4290 to reserve your spot!



Encore Presentation!!

**wednesday Nite
@ The Lab**

UW Alumni's Wednesday Nite@ the Lab video lectures are coming to the Senior Center in March! We are looking for volunteer facilitators to show past lectures and lead an informal discussion afterwards. How often you facilitate and what lecture you show is up to you!

If you would like to find out more about Wednesday Nite @ the Lab and look at past lectures, check out their web site

<https://www.uwalumni.com/benefits-services/alumni-learning/wednesday-nite-the-lab/>

or just search "Wednesday Nite @the Lab"

“Downsizing Made Easy”

Coming March 24

Three wonderful speakers will present topics including:
1) Questions to consider before make a move; 2) What are senior living options in the Fitchburg and Madison area; 3) How to tour senior living communities; 4) Tips for hiring various professionals related to the moving process; and 5) Guidance on what to keep, what to sell and what to contribute to charities.

The speakers will be Ruth Domack of First Weber, Carrie Kirkpatrick of A Place for Mom, and Marianne Gariti of Moving Forward.

March 24 from 1:00-3:00 p.m.

Call 270-4290 to reserve your spot!

A L E R T

**If you have not renewed your
newsletter subscription for 2016,
this will be your last newsletter!**